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Katie Ruff, Chef West Ames Hy-Vee Chef 515-292-5543 1013chef@hy-vee.com

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Facets

Faceet - n. 1. One of the flat surfaces cut on a gemstone. 2. The particular angle from which something is considered.

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College chic goes high style



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Artist Mary Weisgram. By Amy Vinchattle/Facets

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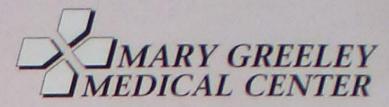
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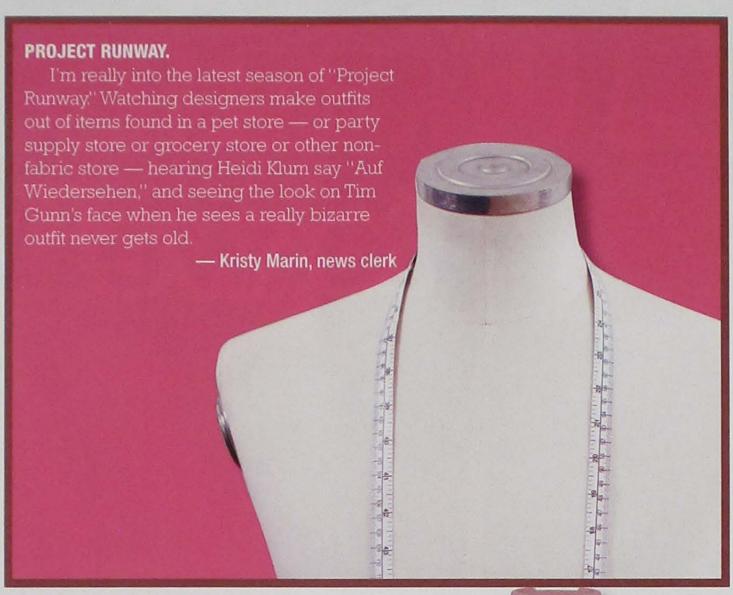


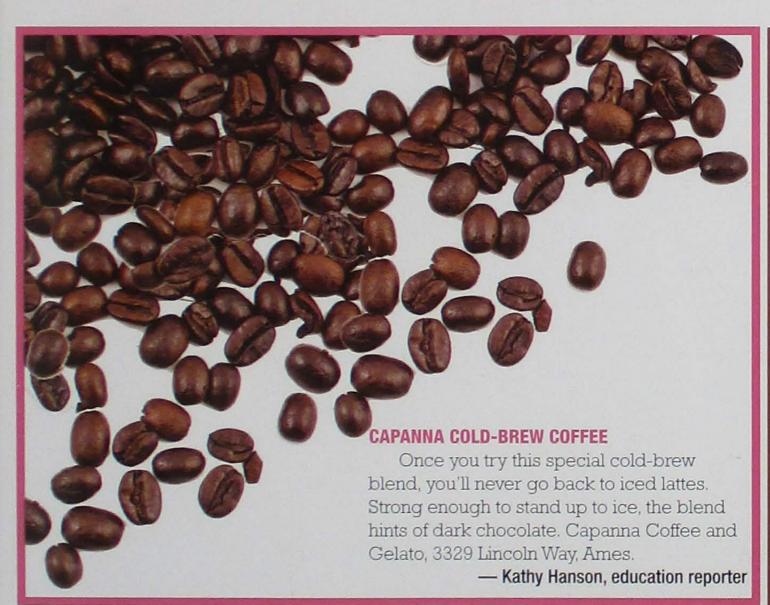
If paying by check, please fill out this form and send with payment of \$10 each to: MGMC Women's Symposium, 1111 Duff Ave., Ames, IA 50010.

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Additional attendees		Total \$	

what we're into | SEPTEMBER

T-TAPP. Exercise physiologist Teresa Tapp has developed exercises that involve compound, isometric muscle activation. The routines can be done anywhere, and they effectively trim inches and develop muscle density, strength and flexibility. Check it out at www.t-tapp.com — Kathy Hanson, education reporter







SPRAY PAINT

I'm really into spray paint right now. Good for reviving old picture frames or giving a new lease on life to yard sale furniture. It now comes in a huge choice of colors and finishes. Lowe's matches its Valspar line of spray paint with the standard brush-on paint colors available off the shelf, and some brands have mini spray-cans for little touch-up jobs. Check your favorite hobby or hardware store for all the options.

- Laura Millsaps, city reporter



PINTEREST.COM

This website is becoming huge. It is awesome. It's a "virtual pinboard" where you can organize and share things you like. People use Pinterest to plan their weddings, decorate their homes and organize recipes. Plus, you can browse the pinboards created by other people for more inspiration. Go to pinterest com to request an invitation to join the site.

— Amy Vinchattle, photographer

A Creative paint to well-being

BY ALLISON SUESSE

eramic pots and dishes painted an earthy sage green line the walls of Mary Weisgram's studio in Ames not far from the Iowa State University campus. The shelves, heavy with the artwork of Weisgram and her students, represented not only hours of work, but also hours of therapeutic release from the stressors of everyday life.

Weisgram has been creating using clay for about 45 years, ever since she discovered the medium in college. She was instantly drawn to clay because of the diverse possibilities the medium offers. After years of developing her style, Weisgram creates ceramic pieces that are both decorative and functional. She uses organic materials, such as leaves she finds on the ground, that reflect the natural surroundings of where she grew up. What has kept Weisgram engaged in the art form is the tactile sensation of molding the clay into beautiful shapes, and the therapeutic effects of creating art.

"Just the sheer distraction can remove you from your problems," Weisgram said.

Weisgram said she has suffered from depression off and on since she was a teenager. Working with clay and the physical and cerebral nature of art have helped alleviate her depression.

"I think it's one reason I've stayed in the field for so long," Weisgram said. "I think I find when I get into the clay I'm in a different mode of myself."

Making art is a very positive experience. For Weisgram and many other artists, creation is therapeutic. But art's therapeutic benefits are not reserved solely for artists by trade; anyone can experience the healing power of creativity.

In fact, art therapy is a growing trend in psychology, and an increasing number of individuals are benefiting from this form of counseling.

As defined by the American Art Therapy Association, art therapy is a form of mental health treatment that uses the process of creating art as a way to improve patients' wellbeing.



By Amy Vinchattle/Facets

Artist Mary Weisgram finds creative ways to relieve stress.

"It is based on the belief that the creative process in artistic self-expression helps people resolve conflicts and problems, develop personal skills, manage behavior, reduce stress, increase self-esteem, self-awareness, and achieve insight," the association's website says.

There are two branches of art therapy: art as therapy, and art in therapy. The former is used as a relaxation tool in therapy, and the latter implements psychological analysis.

But art therapy is not only reserved for those who are artistically inclined: art therapy is about purging emotions through creating art.

Molly Kinser-Douglas is an art therapist based in Des Moines who works with Polk County Crisis and Advocacy Services. She applies the healing effects of art therapy to trauma victims. The majority of her patients have suffered emotional, physical or sexual abuse. When an individual is in an emotional state, her flight-or-fight response kicks in, which compromises the thinking and rational

part of the brain, Kinser-Douglas said.

"Art helps regulate emotion, so the thinking part of the brain can work," Kinser-Douglas said.

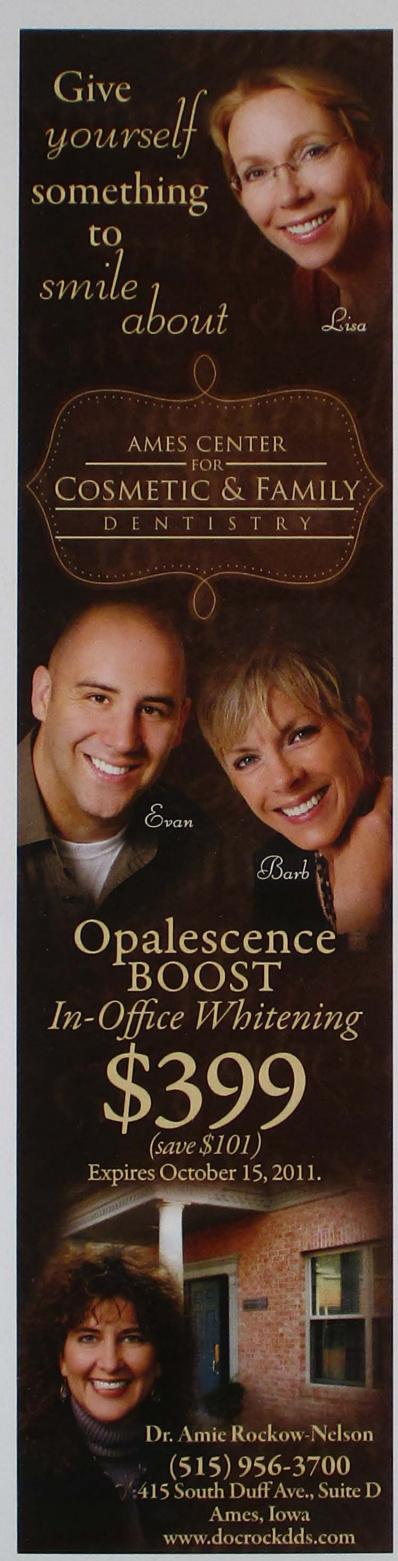
Sometimes trauma victims have no words to describe how they feel. Art is a method of expression without words, which has a therapeutic effect. Creating art is a way for the patients to process what happened.

In therapy sessions, Kinser-Douglas said she uses directives such as, "Show me what it feels like to be angry, sad, etc." The patients will use lines and color to express themselves without words, a process that Kinser-Douglas said builds trust between the counselor and patient more quickly than just talking about their feelings.

Like Weisgram, Kinser-Douglas can attest to the healing benefits of art and art therapy. Kinser-Douglas said she suffered sexual abuse as a child.

"I've been emotionally raw," Kinser-Douglas said.

During her master's degree program at





By Amy Vinchattle/Facets

Artist Mary Weisgram believes art is available to everyone.

Prescott College, she was required to take art therapy courses. Kinser-Douglas said she found that although coming to terms with her past is an ongoing process, processing her emotions through art therapy has helped her immensely.

"It's never as big as it was," Kinser-Douglas said. "It never feels overwhelming like it used to, because I have an outlet. Art is an outlet."

Weisgram and Kinser-Douglas believe that art can be accessible and therapeutic to anyone. Creativity is a trait that most people possess, though they may express it in various ways. Many adults have simply forgotten they have creative skills, Kinser-Douglas said.

"I think people use art all the time and don't realize how therapeutic it is," she said.

Kinser-Douglas asserts that any form of creative expression can have therapeutic properties. Whether it's through knitting, journaling, or experimenting with drawing, releasing emotions and relieving stress through art is an accessible form of therapy for everyone.

ABOUT MOLLY KINSER-DOUGLAS

Kinser-Douglas originally started her education as an undergraduate fine arts major, but soon found a love of psychology. She found the perfect medium through majoring in art therapy as a graduate student.

ABOUT MARY WEISGRAM

Weisgram is originally from southern Minnesota. She received her B.A. degree from the College of St. Benedict, and received her M.F.A. from Mankato State University. She moved to Iowa in 1969.

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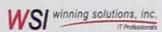
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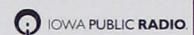








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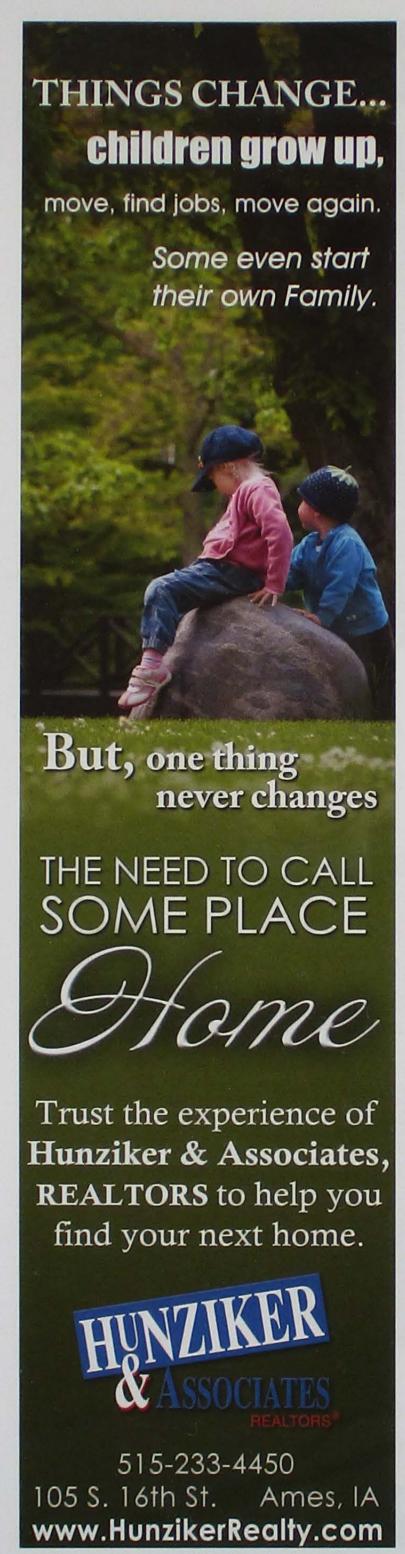
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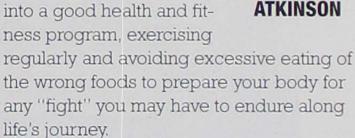
fitness | ONE WOMAN'S STORY



ifty-six-year-old Julie was considered to be in pretty good physical

condition, an active woman, and lean by comparison to societal standards. It's her foundation of fitness that helped her get through her journey with breast cancer.

If for no other reason, I am a firm believer in people staying active, getting into a good health and fitness program, exercising



DEBRA

Here is Julie's story, in her own words:

Diagnosis

I was diagnosed May 5, 2010, with invasive ductal carcinoma, estrogen-fed breast cancer, in my right breast. Too large a mass for a lumpectomy, the entire breast needed to be removed, so I chose to have them both removed to give myself balance. I did not want to wear a prosthesis on one side, knowing it could never completely match perfectly my other side. Also, if I would choose to reconstruct later, I would want balance there, too, having both implants the same rather than one implant and the other breast sagging in time with age. This was just a no brainer for me. It's a matter of personal preference, but I need balance.

Surgery

I had an outpatient bilateral mastectomy on May 25, 2010. I had drain tubes in my chest for three weeks following surgery that needed fluid pumped out twice daily. I was cautioned not to do any heavy physical exercise for four to six weeks following surgery. I work out regularly and have, more on than off, all my life, but most recently I'd been going to the gym with a regular workout routine for six years. Though I was unable to go to the gym for these weeks following surgery, I could walk and did so daily.

Treatment

Because my cancer had not spread into my lymph nodes, I did not need radiation. The cancer had been completely removed with my bilateral mastectomy. I did have to have chemotherapy, though, to kill any cancer cells that may have been elsewhere in my body, and this was all determined by an Onco DX testing of my tumor that was sent to the National Breast Cancer Research Center in California, where it was under study for two weeks. This study determined the chances of my cancer returning at some point. If the score was one to 15 on the testing, I would not require chemotherapy. If the score was 30 or above, chemotherapy would lesson my risk of the cancer's returning. If the score was between 15 and 30, that is considered a "gray area," where there is some risk of the cancer's returning the closer the number is to 30. My score was 27, so my oncologist felt it necessary for me to do chemotherapy.

Chemotherapy was administered in my veins once every three weeks for a 12-week regimen, four times total. I could only have the chemo in my left arm, as my breast cancer was on my right side. The first five sentinel lymph nodes had been removed during surgery to see if the cancer had gone into my lymphatic system. I should never have any blood drawn or blood pressure taken in my right arm from here on out. If I did, I could get lymphedema, which is an incurable disease. Many breast cancer patients end up with it, and although it isn't life threatening, it is very uncomfortable, and requires compression sleeves be worn. My chemotherapy was a mixture of taxotere/cytoxan, which has many side effects.

Chemo can remain six months to a year in a person's body, so you really don't feel like "you" until it's all out of your system. For me, that was about eight months.

Maintenance

Once chemo was complete I was put on Tamoxifen for five years. This is a pill that I take once every day to stop the growth of any cancer cells. It is an estrogen blocker. Since my cancer fed off of the estrogen in my body, I need this pill to block the estrogen from feeding any potential cancer cells. Once you have cancer, the potential of getting it again is greater. I had already gone through menopause, and I was shocked that I even had any estrogen left in my body. Well, shockingly, I have plenty of estrogen, even though I have gone through my change in life. I asked my oncologist if I should be taking anything for bone health while on Tamoxifen, and he informed me that Tamoxifen is used with people battling osteoporosis, so I'm covered.

Current activity

I work out at least four and sometimes five nights a week at a gym, an hour a time, with weights and aerobic exercise. I also do 20 to 30 minutes on the elliptical every day on my lunch hour four to five times a week, followed by a series of push-ups, sit-ups and side bridges. During chemotherapy I did what I could on the days I felt well enough to do physical exercise. I found yoga to be very helpful.

Under construction

Reconstruction surgery was scheduled to begin Aug. 23. If all went as planned, I spent the night in a hospital for this surgery, and had the chest drain tubes again like I had with my bilateral mastectomy. My surgeon put in temporary "spacers," and I went in weekly for injection expansions until my skin stretched to hold the size of implants I want.

I just want to be me again, not Dolly Parton. This will take about six fills. So, once my drain tubes are out two to three weeks post surgery, I will begin the weekly expansions.



Contributed photo Julie and her "support group."

"Breast cancer is not fun, it is not something I'd wish on anyone, but it is very doable."

After six weeks my skin will be stretched. The surgeon likes it to sit a couple of weeks before going into the second surgery to remove the expanders and put in the permanent implants. This second surgery will be outpatient. All together, reconstruction takes about four months.

During this time, again, I will have to give up weight lifting and aerobic exercise. When I go back, I will ease back into the weights. As for the elliptical and aerobic part of the routine, I will be able to go right back to it, experiencing soreness for a few days after the inactivity, I'm sure.

I can handle this

Breast cancer is not fun, it is not something I'd wish on anyone, but it is very doable. I consider myself a survivor, and more and more women survive each year. I missed my regular mammogram in 2009, and had I gotten one that year, my cancer may have been treatable with just a lumpectomy.

I'm just glad I was proactive enough to do self breast exams, because I found the lump in April 2010 in the shower. My annual physical was scheduled for that month anyway, and sure enough, the mammogram showed a mass. I asked my breast cancer surgeon how long he thought it had been there, and he said a good couple of years.

My advice is: Do the self breast exams. Get your mammograms annually, and be proactive. It's your life, and there's no reason to let breast cancer get in your way of living.

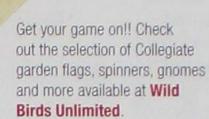
Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years.

Reach her via email at PTDirector@amesracfit.com.





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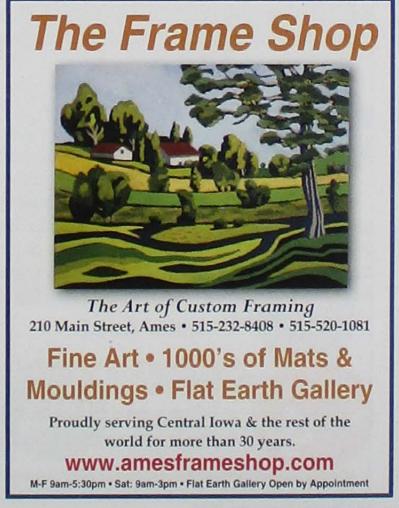
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nourishment | DON'T BE MISLED

12 myths about nutrition

yths come in all shapes and sizes, just like human bodies. There are dozens, perhaps hundreds, of nutrition myths, so don't be myth-informed. This month, I hope to shed a little light on foolish nutrition ideas.



The best way to lose weight is to limit carbohydrates and eat high protein.

While you can lose weight on a high-protein diet, it is not recom-

mended. By increasing your protein intake, you also increase your risk of cardiovascular disease, kidney problems and other serious conditions. Concentrate on your health, not just your pants size.



Protein builds muscles.

It is true that we need the amino acids present in protein to build muscles, but the only way to actually build muscles is through training and exercise. Any extra calories consumed from protein are stored as

fat, not muscle. The average adult requires 0.8 gram of protein per kilogram of body weight (divide your weight in pounds by 2.2 to find kilograms). Athletes require slightly more: 1.0 to 1.2 grams per kilogram of body weight. Use the nutrition facts panel on all food products to see how easily you can meet your protein needs.



Vitamins provide energy.

Calories provide energy. Because we do not derive any calories from vitamins, vitamins do not provide any energy. While some vitamins are needed to use the energy present in the foods we absorb, consuming a vitamin supplement will not necessarily

give you an "energy lift." If you are feeling tired, take a look at your overall diet. Are you consuming enough calories for your body each day? Too many calories? Are you eating foods from all food groups? Ask your pharmacist for a recommendation if you aren't sure which vitamins to select.



One of the easiest ways to lose weight is to skip meals.

When a meal is missed, the body makes up for lost energy by slowing down your metabolism and con-



LAURA KIMM

serving the calories that you have eaten by storing them as fat. Teach your body to trust you by sticking to a scheduled meal plan. Eating regular meals will actually help your body metabolize calories more efficiently.

Myth No. 5

It doesn't matter what you eat as long as you exercise hard enough to burn the calories.

While you may be able to maintain your weight with this mentality, you may neglect your overall health. Concentrate on fueling your body with whole, natural foods (fruits, vegetables, whole grains, lean

meats and low-fat dairy foods) that can decrease your risk for diseases and increase your quality of life. Your waistline will follow.

Myth No. 6

You shouldn't eat between meals.

Experts agree that it is important to eat snacks throughout the day. Snacks are a great way to curb your appetite and get more nutrients in your diet. The trick is to choose low-calorie and nutrient-dense foods that contribute to your food plan for the day.

Myth No. 7

Fat-free foods will make you lose weight.

Fat-free foods are not calorie-free! Because fat provides flavor and texture in food, fat-free items often have extra sugar and salt added to create an acceptable product. Use the nutrition facts panel to compare nonfat, low-fat and full-fat products. Pay

special attention to calories, fat grams, total carbohydrate and sodium.

Myth No. 8

A fat-free diet is good for you.

Your body actually needs dietary fats to carry and store fat-soluble vitamins (A, D, E and K) as well as to provide the body with essential fatty acids. Fortunately, a completely fat-free diet is virtually impossible to

achieve. The American Heart Association and the American Cancer Association recommend that 30 percent or fewer of your calories should come from fat and 10 percent from saturated fat. If you don't know how many fat grams you should be eating per day, contact a dietitian.



Cholesterol can be found in all types of foods and beverages.

Cholesterol is made in the liver of animals (even yours!) and, therefore, is only found in animal products, dairy foods and foods which contain them. The American Heart Association recommends a diet of

less than 300 mg. of cholesterol per day.



Supplements can replace a healthy diet.

Supplements do just what their name implies: They can supplement, but not replace, a nutritious diet. Fruits and vegetables, for example, contain a spectrum of nutrients that a pill could never duplicate. If you are considering a vitamin and mineral

supplement, consult a pharmacist for recommendations.



Butter is better than margarine.

While you may prefer the "better taste" of butter, margarine is still the "better health" choice. Choose a margarine that is made from an unsaturated vegetable oil, contains a high amount of water and is in a soft form (spray, squeeze or tub versus stick). This

will decrease your intake of saturated fats and trans-fatty acids. Remember, both butter and full-fat margarine are 100 percent fat, so use them both sparingly.



Foods that are high in fiber are also high in calories.

High-fiber foods (whole grains, legumes, fresh fruits and vegetables) are actually lower in calories than most other foods because they contain practically no fat. Also, we cannot derive any calories from fiber because our bodies cannot digest and absorb

it. Eating a diet high in fiber can help to decrease your risk for cardiovascular disease, diabetes and cancer. Experts recommend consuming 25 to 35 grams of fiber per day.

















Recognizing nutrition myth-information

How do you know whether the nutrition advice you read or receive is reliable? The Food and Nutrition Science Alliance considers any these 10 red flags a signal of questionable nutrition advice:

- 1. Recommendations that promise a quick fix
- 2. Dire warnings of dangers from a single product or regimen
- 3. Claims that sound too good to be true
- 4. Simplistic conclusions drawn from a complex study
- 5. Recommendations based on a single study
- 6. Dramatic statements that are refuted by reputable scientific organizations
- 7. Lists of "good" and "bad" foods
- 8. Recommendations made to help sell a product
- 9. Recommendations based on studies published without peer review
- 10. Recommendations from studies that ignore differences among individuals or groups

Laura Kimm holds a bachelor's degree from the University of Iowa in health and sports studies. She is a member of the American Dietetic Association and the Iowa Dietetic Association. She works as a registered dietitian at the West Ames Hy-Vee. Reach her via email at Ikimm@hy-vee.com.

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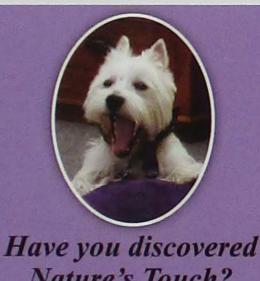
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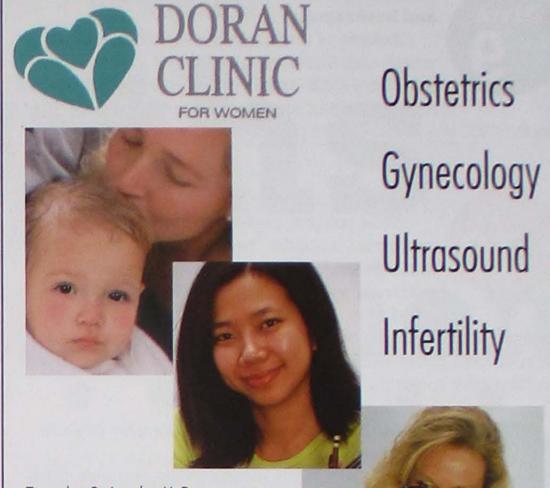
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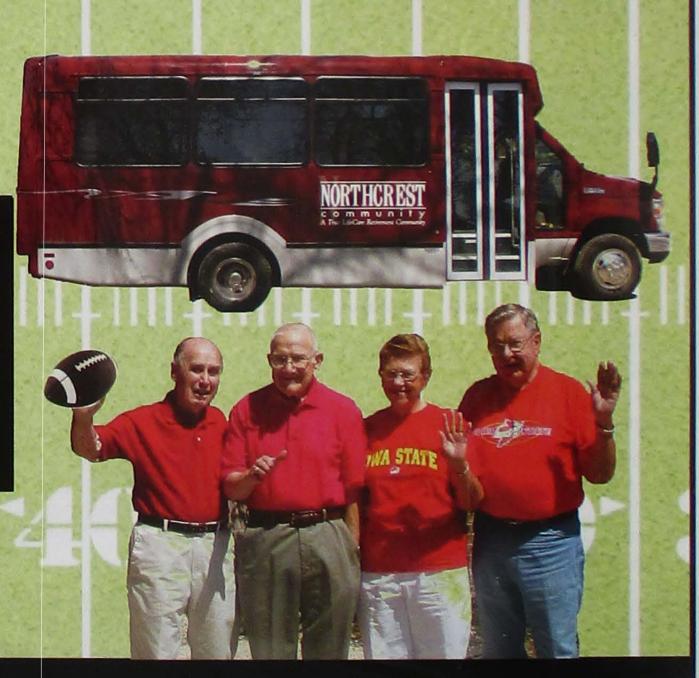
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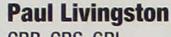
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your guide to financial independence FISCAL FITNESS

Are your finances in good health?

ur government
has many responsibilities —
national security, roads,
schools, health care, Social
Security, farm programs,
food safety — there are
too many to list. With all of
us depending on the government and wanting the
government to provide
more, it is easy to see why



KAREN PETERSEN

the cost of running the government keeps growing. But, fiscally healthy governments do not spend more money than they collect in taxes.

Unfortunately, as the amount of money needed to run the government grows faster than the taxes being collected, the result is a budget deficit. The practical solution is to increase taxes and cut expenses. When it is crunch time, it is nearly impossible to come to agreement on either more taxes or less spending.

HOW CAN WE BE FISCALLY RESPONSIBLE?

I like simple solutions for complex problems. My solution is to have a plan in place that clearly and rigidly outlines the method to slowly increase or decrease income and spending. The policy must have guidelines that indicate when the plan is automatically activated. By automatically, I mean there is a system in place that is started when we are over-spending or over-earning by a predetermined percentage. No one gets to vote about the method or timing.

Just think, we could have all missed the July "How should I vote to get re-elected?" drama.

It is so easy to criticize The Government.
But what about you and your family? Are you fiscally healthy?

We are like the government. We earn money, and we spend that money. We are responsible for food, shelter, health care, education, transportation — like the government, there are too many to list. And in addition to the necessities, it is our nature to want a better lifestyle. As we buy things to acquire that better life, our need for income increases, and our income does not always keep up with that need.

Fiscally healthy individuals and fiscally healthy governments have one common characteristic: You can only spend as much money as you earn.

ARE YOU FISCALLY RESPONSIBLE?

It is so easy to talk about our elected officials and say what they should do. It's not as easy to look at ourselves and check on our own responsibility.

It is surprising to me how many people, both men and women, claim ignorance when it comes to financial matters. Some say they can't understand financial terms and concepts, and others say they just are not interested.

Somehow we became a society that doesn't teach the financial vocabulary and concepts of money management. We have colleges and universities that give students the skills to earn a living, but we fail to teach the skills necessary to use their money to create a good life.

How about you? Do you really understand your financial options and how your choices today will affect your future? It is difficult if not impossible to make a difference in national financial issues, but your own personal financial issues are in your control.

A FIRST STEP TO FINANCIAL RESPONSIBILITY

- Decide on one area of your financial life to master. It could be learning about mutual funds, creating a spending plan, analyzing your 401(k) options, determining how to pay off credit cards in six months, or figuring out how much house you really can afford.
- Once you have chosen an area to focus on, do not change the focus until you have mastered the topic. Work diligently; the more effort you put into the task, the quicker you will see success.
- Then chose another topic, and continue to learn until you master your own financial world.
- Focus on yourself. Master your own personal financial life. Begin today to take control of your earning and spending. Because life is ... more than money.

Karen L Petersen CFP® CDFA™ is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.



"FinanceWorks gives us a complete financial picture."



No matter what your situation is Ames Contracting Team can help...

Wanting to overhaul her galley kitchen, Barb's thorough research and contractors resulted in a space that's as good-looking as it is hard-working.

Barb purchased her 1950's home in 1973 and made a few minor paint and wallpaper changes to the kitchen immediately. She also did a major remodel in the early 1980s, including the addition of an office and a screened-in porch, enlarging the master bedroom and adding a bath. However, she knew that in the future she'd want to continue upgrading her kitchen and slowly worked her way there.

"I knew I would be selling down the road and a new kitchen would help with the resale value," said Barb. "I wanted to do it now though, so I could enjoy it for several years before selling."

In the fall of 2003, Barb worked with an independent residential design and draft-sperson to create three potential layouts for her kitchen. After she selected a layout that rearranged the placement of several appliances and cabinets and added a small counter extension, she contacted Ames Contracting Team to get the job done.

Before the team could start however, there were several decisions that needed to be made. Barb needed to select new cabinetry, appliances, a new sink and lighting. Additionally, she also had to choose new laminate countertop, wall tile and vinyl flooring.

Once everything was picked and purchased, the work began. Ames Contracting Team coordinated everything and made sure to include Barb on all decisions.

"At first, I felt very overwhelmed with all the decisions that needed to be made," said Barb. "Yet, once we started seeing progress and going through the process, the decision making got easier. I could see how everything would fit together."

During the actual demolition and remodel, Oren Geisinger, from Ames Contracting Team, made sure to keep Barb informed of how things were going.

"Being without a kitchen for several weeks was a definite concern of mine," said Barb. "But Ames Contracting Team really knew how to ease my worries. As an extra touch, Ames Contracting Team also made sure to clean up their mess every single night. That alone was much appreciated."

Barb was extremely impressed with how minor hiccups were handled during the remodel. "While installing the wall tile, we realized we were a few tiles short which lead to a small delay. However, the finished product was superb and worth every second of it."

Ames Contracting Team takes pride in the work they provide, but Barb doesn't think they should stop there.

"They were so supportive, congenial and extremely professional," said Barb. "The atmosphere was nothing short of wonderful."

Final touches to this kitchen remodel included new window treatments and sill over the sink, to fit with the new cabinets, and an updated paint and wallpapering job. "I absolutely love the finished product," said Barb. "My kitchen came to life with these modern upgrades thanks to Ames Contracting Team."

















If there's any delay, it's you we pay!.



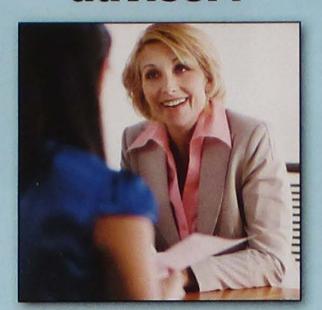




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fashion COLLEGE CHIC

Campus

fashion goes

high style

BY SAMANTHA CRITCHELL ASSOCIATED PRESS FASHION WRITER

t's not all jeans, sneakers and sweatshirts packed in those duffel bags that headed to college campuses recently. There might also be a ripped-from-the-runway look from Zara or H&M that mimics Celine or Chloe, and maybe - just maybe a bona fide Diane von Furstenberg dress or Alexander Wang jacket.

Dr. Martens are a must-have.

It will all get worn, with the possible exception of the sweatshirt, says Amy Levin, founder of the blog site CollegeFashionista. com. "College students love to change up their look. ... They can do it by translating the most up-to-date looks for their lifestyles and budgets."

For some students, Levin says, going to class is a reason to get dressed up.

CollegeFashionista has regular contributors from more than 200 campuses chronicling clothes worn by their peers. On one day, for example, the site featured a student and her Michael Kors bag and animal-print pumps at the University of Texas, and a Boston University student in a strapless sun-

The fact that today's students are so plugged in certainly helps in staying so stylish. They can look at photos from designer collections and red carpets around the world in real time — and change their look in the time it takes to dig through their drawers and dirty laundry piles.

A shift in style doesn't take long for this crowd to digest. They are hungry for the next big thing and usually aren't married to a particular look. "You'll see in the U.S. that campuses in major cities are usually ahead of trends," observes Levin, and Londoners and students in Australia are even more fashion-forward.

(Levin says her alma mater, Indiana University, is more traditional and casual, but not by much.)

That brings us back again to the college sweatshirt students' parents still buy when



Photo courtesy of AP Photo/CollegeFashionista

New York University film student Carolyn Amurao says she doesn't pay much attention to celebrity fashion anymore, she'd rather be inspired by what she sees on the street.

the acceptance letter first arrives. News flash, according to Levin: They are too generic. "They might put their school name on a shirt, but they've done it in some creative way themselves. Everyone wants to be individual — no one wants to dress alike."

New York University film student Carolyn Amurao, a Vancouver native who just moved to hip Williamsburg in Brooklyn, says she doesn't pay much attention to celebrity fashion anymore; she'd rather be inspired by what she sees on the street.

She has borrowed a few looks from her fellow students - like wearing socks with platform heels.

As a CollegeFashionista contributor, she says she has trained her eye to see it all. "There are so many different styles on campus. There's grungy and polished, more tailored, more sporty or hip-hop. I think that inspires me."

Madisen Matney, a fashion-design stu-

dent at Savannah College of Art and Design, leans toward vintage looks, preferring not to shop in mainstream stores. Her outfit each day is influenced by mood more than magazines, she says.

"I see a lot of character in clothes, it's not just clothes to put clothes on - mood is important," she says.

On this day in her hometown of New York, for example, she explains her loosely crocheted top and denim shorts: "I don't dress very girlie, but I'll have those moments."

When she's back at SCAD, she'll wear dresses or jumpsuits most of the time. She says she'd like to wear high heels "but I can't really wear them to class as an art student."

Elizabeth Taufield is fairly dressed up during the summer since she's an intern at the office of designer Tory Burch, and Burch's town-and-country style serves as one of her influences year-round. She usually likes to put her own spin on things, but there was one outfit she copied head to toe.

"Tory Burch had these camouflage jeans, and they were styled with a black-and-white striped shirt and a black vest," Taufield, a soon-to-be-sophomore at George Washington University, says. "I literally wore the exact same thing. My suitemate said, 'I'm not sure if those things go together, but I eventually told her that it was straight from the runway."

Anyway, she adds, mixing seemingly mismatched prints is one of her specialties. One of her favorite recent outfits was a peacockprint skirt with a striped shirt. "I try to wear what I think looks good. I'm tall - 5-foot-10 - and I can't wear heels, and I wear looser pieces. I'll wear tight jeans, but I'm rarely seen in a tight shirt."

Other than Burch, Taufield keeps tabs on what Proenza Schouler and Prada are doing. "Obviously, I'm not purchasing a Prada dress, but I like referencing it."

While she's in New York, she'll pop into luxury department store Bergdorf Goodman, but she's usually just shopping for ideas — and then takes those to H&M.

Cost is a factor for Amurao, too. She says, though, she puts a lot of planning into her clothes so they don't look cheap.

She offers her maxi-skirt look: "You can get one at Forever 21 and you can work it into an outfit so it doesn't look like it's \$8. When I dress up, it's about the sum of all the parts. It's about making the proportion of the shirt work with the skirt, how you pull your back, cute shoes. ... I like to look like I'm wearing an outfit."

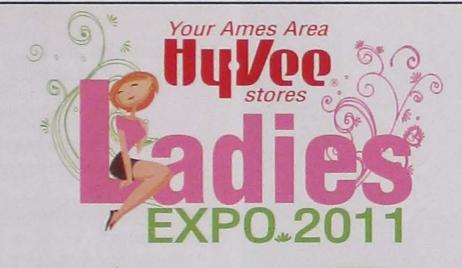
Levin says her bloggers are particularly proud of bargains. They'll boast about putting together an outfit for just a few dollars, but, for something they really love, they'll save and then splurge, she says.

Taufield seems pleased to be a student of style.

"I don't want to say I have innately good

taste and style, but I do think that style and fashion is something you have or you don't. You can read Vogue and all the magazines and study the trends religiously, but you have to know how to apply the concepts instead of just copying them," she says. "It's like critical thinking in math or science class."







*tickets bought after 5pm on Sept. 19th will be sold at the door price of \$15.

Tuesday, September 20th, 2011 4:30 - 7:00 p.m.

Tickets available at:

- Ames Hy-Vee Stores & Ames Hy-Vee Drugstore (Customer Service Desk)
- Memorial Union (Hotel Desk)
 - The Tribune



IOWA STATE UNIVERSITY MEMORIAL UNION

faceted woman wendy LIVY

Name: Wendy Livy

Age: 64

Position: Retired art teacher and co-owner of Quality Motors of Ames/U-Save Auto Rental Family: husband, Doug; cat,

Simba

What would you do with \$1,000 to spend on yourself?

- · New shoes \$65
- · New outfit \$300
- New watch to match outfit \$20
- Jewelry to go with new outfit \$25
- Get hair done \$30
- Dinner (see favorite meal, below) \$60
- Tickets to a play \$200
- Limo ride to dinner and play - \$200
- Someone to work for me the next day so I can sleep in - \$100

Your favorite meal:

Lobster, salad, grilled asparagus, wheat roll, turtle cheesecake

Craziest fashion you ever wore:

Back in the early '70s, when we ran the Red Ram, I wore a very short denim skirt with fringe and a checkered shirt to work in.

I never leave home without:

My purse that weighs "a ton." You never know what you are going to need (sewing kit, mints, pens, aspirin, lip gloss, sticky notes, etc.)

Your favorite motto:

Have a nice day unless you have other plans.



Photos courtesy of Wendy Livy

Above: Wendy Livy and husband Doug. Below: Wendy Livy

What makes you happy?

Good friends, being with family, good food.

What makes you feel confident?

Seeing the success of people I am influencing.

What makes you laugh?

Cat videos on the Internet.

What have you accomplished that has made you proud?

Teaching thousands of students art techniques, art appreciation and to do the best they can. Also helping my husband start his own car dealership.



Best tip to look and feel great:

Keep a smile on your face — frowning creates wrinkles.

How do you take care of yourself financially?

Contribute regularly to savings and retirement accounts.

If you could do or be anything you want, what would it be?

I would like more time to do my art and to travel.

If you knew then what you know now, what would you have done differently?

I would do all of the same things but perhaps do some of the a bit "smarter."

My idea of a nightmare job:

Being a prison guard.

My simplest pleasure:

Baking cakes and treats for our employees and for friends.

When I am an old lady:

At 64 I do not feel like an old lady yet, although my hair is gray. I hope I will stay vital to friends and family for many more years.

I am thankful for:

Good health, my family and good friends.

Favorite wardrobe staple:

A watch to match my outfit.

How do you give back to your community?

We are big supporters of the Iowa State University hockey program. I am also a member of Beta Sigma Phi, and we do a variety of service projects throughout the year. I am a member of the United Community Education Foundation Board.





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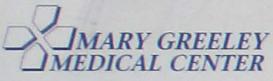
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